The challenge for the actor is to use Sense Memory of childhood trauma

Ahhhh!

The actor must deploy...(fades)

Use the past Use your pain Never ever try to entertain Let Stanislavsky be your umbrella

Mumble your words!

Unless they're...

Stella!

Use justification, improvisation Plus some emotional masturbation

Visitor from the Western coast!

Can you dig it

I dig it the most!
I'm through with Hollywood!
It's New York and the Actor's Studio for me.
And if any of those boys from Hollywood come 'a calling you can tell them I said this:

In history there's this doctrine called Monroe Which basically told the enemy where to go It was created to nurture and protect But now a new Monroe doctrine is in effect So go tell Mr. Zanuck to read it and weep

'Cause I'm not just here to dig I'm here to dig deep

From the 20th century Foxholes I'm released And just like the sun, I'm rising in the east I made a move from that permanent state of sadness To prove there's a method to my madness I'm waking up from that 20th century sleep

Because I'm not just here to dig I'm here to dig deep

Well there ain't no sin to remove your skin

And to take a look under the hood

Mm-hmm

Well you must dispel the outer shell Though you have to admit my shell looks good

You're tearing me apart!

I'll finally get to use my mind's interior And not only just my bust and my posterior 'Cause the true inner self you can't avoid

And we're just nuts about Sigmund Freud

So open up my id

For a good clean sweep 'Cause I'm not just here to dig

No, I'm not just here to dig Oh, I'm not just here to dig

I'm here to dig deep

Motivation, concentration, exploration Stimulation, perspiration, inspiration

So Deep!